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# EFFECT OF PROBIOTIC YOGURTS CONTAINING LACTOBACILLUS ACIDOPHILUS AND STREPTOCOCCUS THERMOPHILES ON ANTHROPOMETRIC INDICES OF HYPERTENSIVE MALE PATIENTS

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Mild hypertensive males (N=90) aged 40 -50 years, free from serious complications were selected and equally divided into three groups viz. E<sub>1</sub>, E<sub>2</sub> and C. Subjects of group E<sub>1</sub> were provided 150 ml of probiotic yoghurt containing *Lactobacillus acidophilus* (MTCC-447) and E<sub>2</sub> with 150 ml probiotic yoghurt containing *Lactobacillus acidophilus* (MTCC-447) and *Streptococcus thermophilus* (MTCC-1938) for a period of two months respectively, while group C was not given any supplementation. Anthropometric parameters viz. height, weight, waist and hip circumference, mid upper arm circumference and triceps skin fold thickness of all the subjects were recorded before and after the supplementation period. After probiotic yogurt supplementation, a highly significant ( $p \leq 0.01$ ) decrease in body weight from 76.26 $\pm$ 1.43 and 77.20 $\pm$ 1.84 kg to 74.53 $\pm$ 1.40 and 73.13 $\pm$ 1.72 kg was observed in group E<sub>1</sub> and E<sub>2</sub> respectively and highly significant ( $p \leq 0.01$ ) decrease in BMI from 26.19 $\pm$ 0.55 and 26.89 $\pm$ 0.81 kg/m<sup>2</sup> to 25.95 $\pm$ 0.61 and 25.47 $\pm$ 0.63 kg/m<sup>2</sup> in group E<sub>1</sub> and E<sub>2</sub> respectively. The total reduction of weight in E<sub>1</sub> was 1.73 kg, 2.07 kg, 0.51 kg reduction was observed in group E<sub>1</sub>, E<sub>2</sub> and C respectively. A non-significant increase in weight and BMI was observed in group C. Decreases in other anthropometric measurements were also observed in all the three groups though it was non-significant. The improvement was more in E<sub>2</sub> group as compared to E<sub>1</sub> subjects. Any added effect, therefore, is due to the consumption of fermented milk products. The weight reducing effect of the probiotics has been attributed to the consumed probiotic yogurts. As obesity is an important factor leading to Coronary heart disease, hence can be a panacea in counteracting the problems of Coronary Heart diseases.

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